

**BY-LAWS**

Of the

**WOOD-RIDGE**

**RECREATION**

**TRACK & FIELD**

**PROGRAM**

**Adopted: February 21, 2008**

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ARTICLE 1  
NAME

This organization shall be known as the Wood-Ridge Recreation Track & Field Program, of Wood-Ridge, New Jersey, also referred as “Wood-Ridge Track & Field”.

ARTICLE 2  
ORGANIZATION & PURPOSE

Wood-Ridge Track & Field was organized in March, 2003 by Ezio Altamura and Jerry Lanzerotti, both residents of Wood-Ridge with experience in coaching youth sports in an response to a growing need in the community to offer a middle school track & field program to young athletes. These by-laws have been introduced by coach Michael Kronyak, February, 2008.

The purpose is to promote participation in the sport of track and field through the organization, operation, and maintenance of a track and field program based in the town of Wood-Ridge. To promote and instill good sportsmanship and fellowship among all players, coaches, and parents through the principles of honesty, discipline and fair play. To educate the players, parents, and the general public with respect to the sport of track and field and the value of the sport to them. Our Track & Field program will participate under the New Jersey Striders Track Club; a sanctioned USA Track & Field / NJ Association organization whose professional commitment to youth track centers on friendly competition and not “winning at any cost”. Six regular meets are scheduled each year and will be held on Sundays at local Northern New Jersey facilities. Attendance is not mandatory, although encouraged. The New Jersey striders schedule, which includes dates, events and directions to all meets is available on line at [www.njstriders.com](http://www.njstriders.com). Every athlete will receive a ribbon for each event that he or she participates in.

ARTICLE 3  
SEASONAL YEAR

The seasonal year for the Wood-Ridge Recreational Program shall begin on March 15<sup>th</sup> and end on March 14<sup>th</sup> of the following calendar year.

ARTICLE 4  
FINANCES

The Recreation Track & Field Board, hereinafter referred to as “the Board”, shall decide on any questions regarding the disbursement of the Programs moneys. The Treasurer shall report and make available at the annual meeting a review of prior year receipts and disbursements.

ARTICLE 5  
FUND RAISING

Fund raising projects or events or other activities sponsored by the Wood-Ridge Recreational Program, or by the member teams, must be approved by the Recreation Commission.

ARTICLE 6  
MEMBERSHIP

The members consist of the enrolled youth, parents/guardians of the enrolled youth, and the volunteering, responsible adults who are in support of this Program. All members shall abide by the By-Laws, all the Rules and Regulations, and the Member Code of Conduct as put forth by the Wood-Ridge Recreation Commission.

ARTICLE 7  
ELIGIBILITY

Any youth residing in the Borough of Wood-Ridge or Moonachie and/or attending a school in the Borough of Wood-Ridge who demonstrates an interest in track and field, and meets the age requirements of the Program shall be eligible for membership as a participant.

ARTICLE 8  
AGE REQUIREMENTS

Any youth residing in the Borough of Wood-Ridge and/or attending a school in the Borough of Wood-Ridge who is currently in grades 5 through 8 during the year he/she applies for registration.

ARTICLE 9  
REGISTRATION

Any eligible youth wanting to play within the Wood-Ridge Recreational Program may do so by registering during predetermined times set by the Program.

- Section 1        Any youth registering for the first time must show proof of age (birth certificate) and proof of residency (Parent's driver license or PSE&G bill) if new to the Program.
- Section 2        Any youth registering in the Wood-Ridge Recreational Program must pay the predetermined registration fee within the guidelines established by the Wood-Ridge Recreation Commission.
- Section 3        A parent/guardian must sign the registration form and the Wood-Ridge Recreation Code of Ethics.
- Section 4        A youth who participates in the Wood-Ridge Recreational Program, and then moves out of town, may finish playing the existing season, however he/she will be ineligible to play in the future if he/she is not a resident of Wood-Ridge or attending a school in Wood-Ridge.

ARTICLE 10  
PARTICIPANT REGULATIONS

Wood-Ridge Recreational Program Code of Conduct.

1. Treat opponents with respect
2. Play within the rules of the sport of track and field.
3. Demonstrate self-control.
4. Respect the officials and accept their decisions without gesture or argument.
5. Win without boasting, lose without excuses, and never quit.
6. Remember it is a privilege to represent the Wood-Ridge Recreational Program.

ARTICLE 11  
BEHAVIOR

Both participants and his/her parent or guardian shall represent the Program appropriately by demonstrating good sportsmanship, team spirit, self-discipline, and respect for others and abide by N.J.S.A. 2C: 12-1. Parent or guardian must sign and abide by the Wood-Ridge Recreation Code of Ethics that is included with the application package.

ARTICLE 12  
ATTENDANCE

Each player is expected to make every effort to attend all meets and practice sessions and to work on skill development outside of regular team practice sessions

ARTICLE 13  
COACHING REGULATIONS

Wood-Ridge Recreational Program Coaches Code of Conduct.

1. Treat own athletes, parents, and opponents with respect.
2. Teach and inspire athletes to love the sport, and instill the desire to compete fairly.
3. Exemplify the type of person he/she wants the players to be.
4. Set high standards of performance and conduct and maintain control and discipline of the team at all times
5. Respect the judgment and interpretation of the rules by the officials.
6. Realize that he/she is a teacher/coach and therefore understands the game and proper rules of behavior at all times.

ARTICLE 14  
COACHING REQUIREMENTS

All coaches must be approved by the Recreation Commission and must be over eighteen years of age unless approved by the Commission. All coaches must have completed any certification courses required by the Recreation Commission including but not limited to background and finger print checks.

The Board may remove any coach from his/her position for reasonable cause after a hearing at which he/she has had a reasonable opportunity to oppose such action. Hearings must be scheduled and attended by a majority of Board members within two weeks of the request in order for final action to be taken.

ARTICLE 15  
COACHING GUIDELINES

1. Practice safety first at all times, make sure the landing areas are clear during all throwing events and inspect all landing areas for jumping events.
2. Go over safety procedures for throwing events before each practice.
3. Never! Never! Let athletes throw a shot put or turbo javelin without coach's supervision.
4. Make sure all athletes on deck in the throwing events know the danger of wandering into the landing area.
5. Make sure all athletes are properly warmed up prior to practice and competition.
6. All injuries must be reported to the parents or guardian of the children involved and the Recreation Department immediately. Also, an injury/accident report must be filed with the Recreation Department within 24 hours of the injury/incident.
7. If an injury is deemed serious a coach must call 911 and inform the parents immediately.
8. Coaches must hand out training and meet schedule to all registered athletes. The coaches should encourage the athletes to participate in as many practices as possible, however if the children are involved in other sports such as soccer, little league or softball do not make the child choose a sport. Let the children know that it is o.k. to participate in other sports as long as they are making at least one practice per week. The coaches should let the athletes know what they can do on their own to stay in shape.
9. All coaches must keep order during practices and meets. Do not let the children put themselves in any dangerous or disruptive situations that could place them or others in harms way.
10. When at a meet inform the athletes to check in with a coach as soon as they arrive and go over the order of events for that meet. Make sure that all athletes and parents know that they have to tell a coach when they are leaving a meet.
11. Coaches, Parents and athletes must abide by all rules and regulations of the New Jersey Striders Track & Field Club, a sanctioned USA Track & Field / NJ Association organization.

ARTICLE 16  
BOARD MEMBERS

Each officer for the Board shall be elected by a vote of the voting members. Meetings must be held at least once every year with officers elected no later than a meeting held between January 1<sup>st</sup> and March 14<sup>th</sup> of the New Year. Voting members will consist of those persons who have attended the prior years meeting (s) a majority of the time (for purposes of the initial By-Laws adopted in 2008 members in attendance of said meeting will qualify as a majority for voting). Meetings must be advertised at least one week in advance in a local newspaper circulated throughout Wood-Ridge stating forth such purpose.

- Section 1        Candidates for the Board must be over 18 years of age or older and must have at least one year of coaching experience in the Wood-Ridge recreational Track & Field Program.
- Section 2        Candidates shall be nominated and voted upon by the voting members.
- Section 3        Term of office shall be one year commencing on March 15<sup>th</sup> in the year of election and expiring on March 14<sup>th</sup> the following year with no restriction on the number of terms or positions that one may serve.
- Section 4        The Board shall be comprised of a President, Vice-President, Secretary and Treasurer
- Section 5        Any changes to these By-Laws must be done by a majority vote by the Board.
- Section 6        The duties of the Board shall be as follows:

**President:** Serve a Chief Executive Officer to the program; Preside over all meetings; liaison to The New Jersey Striders Track & Field Club; serve as the general representative of this program in all matters; run the day to day program of Track & Field; order uniforms and equipment; and to carry out such other duties as from time to time are assigned by the board.

**Vice-President:** Assist the President as necessary; exercise control and duties of the President in the absence of the President; and to carry out such other duties as from time to time are assigned by the President.

**Secretary:** Record and publish minutes of all meetings; record all members who attend meetings; and to carry out such other duties as from time to time are assigned by the President.

**Treasurer:** Prepare an annual budget and present same to the Board for approval; to keep a detailed account of income and expenses of Wood-Ridge recreational program funds; and to carry out such other duties as from time to time are assigned by the President.